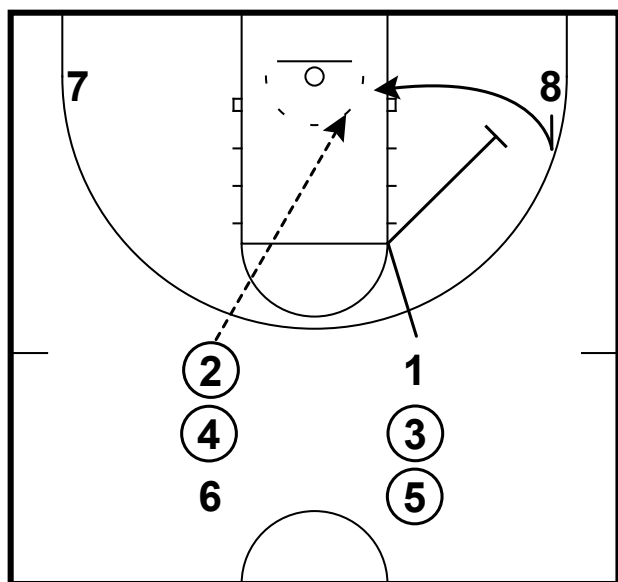


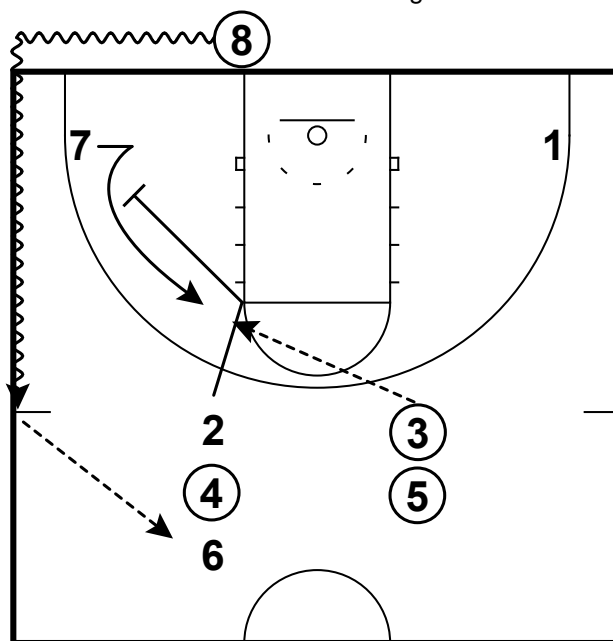
South Titan Basketball

4 Corner Shooting



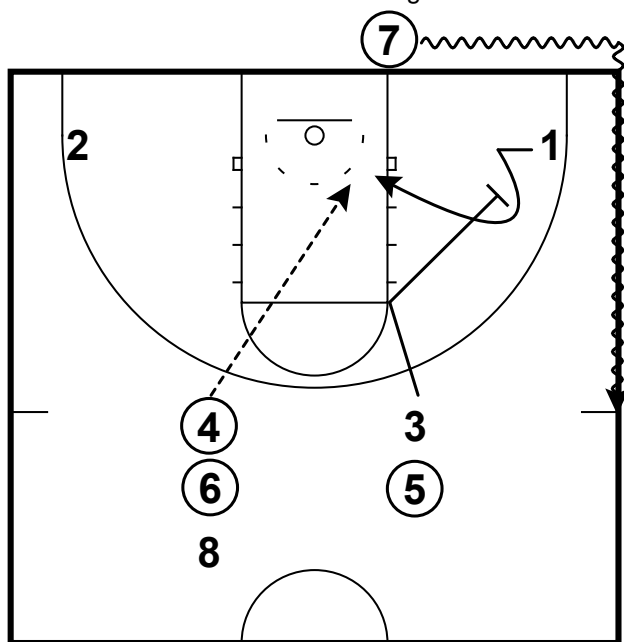
4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our Goal: 15+ mfg for every minute! 1 sprints to set a "wide pin down". We emphasize a great screening angle (butt to ball) and change of speed. 8 rejects the screen and back cuts. 2 passes to 8. 8 closes his shoulder and attacks the rim!

4 Corner Shooting



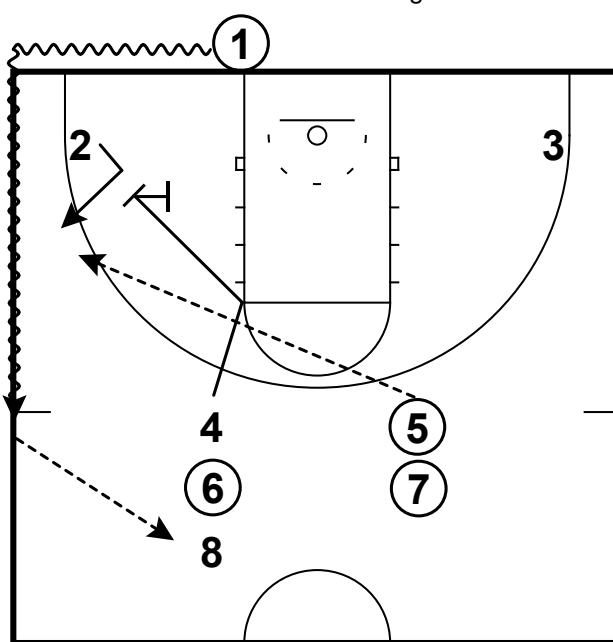
Immediately after 2 passes to 8 (previous frame), 2 sprints to set a "wide pin down" for 7. On this side 7 uses the screen and makes a straight cut to the elbow. 3 passes to 7. 7 shoots (we emphasize an inside-pivot). *This action would continue for 1-2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).

4 Corner Shooting



Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

4 Corner Shooting



On this side 4 sprints to set a "wide pin down" for 2. 2 flares and 4 repositions his screening angle. Again, this action would continue for 1-2 designated minutes, and then be flip-flopped (tight curl on the left and flare cut on the right).